

Ask for Help

Navy hospitals and clinics offer Tobacco Cessation counseling to help smokers quit for good!



Local
Resource
S

Web Cessation Programs

Quit Tobacco Make Me Proud www.ucanquit2.org

Online Guide To Quitting
www.smokefree.gov/quit-smoking/index.html

American Lung -
www.lungusa.org

You Can Quit
We Quit
Smoking



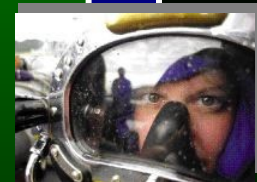
HELPLINE:

Call the national or state help line
to speak to a coach!



1-800-QUIT-NOW

Are You
Ready To
Quit
Smoking?..



Getting Ready To Quit Ways to Quit Smoking

Think of all the Positive
Reasons to quit smoking:

- To improve my appearance!
- To save money!
- To be a good role model!
- To show my independence!
- To improve my health!

**What are your your
reasons for quitting?**



Negative Effects of Smoking

more often

- Stains my fingers & teeth
- Bad breath
- Makes me look older
- Poor Physical Shape



What are yours?

Make a Commitment

- Make a decision to Quit
- Select a day, within the next couple of weeks, to quit
- Ask your friends, family and co-workers to support your efforts!
- Quit with a buddy



**Join the Club of Millions
who have Quit Smoking!**

Develop a Plan

- How will I quit
- When will I quit
- How will I successfully cope with urges to smoke?
- How will I deal with withdrawal symptoms?
- How will I manage risky situations?



Tapering

Cutting down and reducing your smoking until the quit day! For example, cutting down from 30 cigarettes daily to 25, then 20 to 15, to 10 then QUITTING!

Go Cold Turkey!



Quit smoking and using all tobacco products on a particular day!

Tips include -

- Staying focused on the reason for quitting.
- Drinking lots of water & juice.
- Keeping occupied and chewing

Medications



There are several medications which help smokers quit! This includes - Nicotine Replacement Therapy (patches and/or gum) and pills (Zyban/Wellbutrin & Chantix) which are one part of a comprehensive treatment program for